



POSITIVE PSYCHOLOGY AND PSYCHOTHERAPY

• Key Speaker Chris Ebbe, PHD, ABPP

Learning Objectives:

1. Be able to distinguish positive psychology from mainstream psychology in terms of major goals and methods
2. Be able to describe Seligman's framework for positive psychology and some techniques that have been researched
3. Start the process of writing down their own structure of values, goals, and methods for a positive approach to psychotherapy
4. Be able to state some drawbacks and potential misuses of positive psychology

Training will be held on May 9, 2014 from 8:45 am - 12 pm (sign-in at 8:30 am) at the Department of Behavioral Health, Training Institute.

To register log onto the Relias formally known as Essential Learning website at <http://dbh.training.reliaslearning.com>

If you need assistance with registration, please call (800) 722-9866 or email training@dbh.sbcounty.gov

Training is designated for clinical staff

Continuing Education Credits:

APA: The San Bernardino County Department of Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The San Bernardino County Department of Behavioral Health maintains responsibility for this program and its content. This course is approved for **3 continuing education credits**

BBS: San Bernardino County Department of Behavioral Health, Provider #3766. This course meets the qualifications for **3 hours of continuing education credit** for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

CBRN: Provider, San Bernardino County, Department of Behavioral Health, approved by the California Board of Registered Nursing, Provider # CEP-15400, for **3 contact hours**.

This course meets **.20** hours of the DBH Cultural Competency requirement.

Note: Participation for the entire class period is required to qualify for continuing education credit, no partial credit will be awarded.



Please note that all participants attending this training must be in accordance with the DBH Dress Code Policy



Training Institute

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